

We are proud to welcome these new members in 2016:

Regular Members

Farida Awan, M.D.
Just Kidz Medical, LLC

Kyle Bauer, M.D.
Anesthesia Services, PC

Quin Bixler, M.D.
Women's Health Alliance

Cassie Burns, M.D.
Comprehensive Pain
Specialists

Ryan Burton, M.D.
Premier Medical Group

James Coleman, M.D.
Providence Hospitalists
Services

Kevin B. DeAndrade, M.D.
Mobile Heart Specialists

Ravinder Dhaliwal, M.D.
IPC Healthcare – Mobile

James Dean, D.O.
Pulmonary Associates of
Mobile

Penny X. Dupre, M.D.
Franklin Primary

Lee Ferguson, D.O
Vascular Center of Mobile

Deborah W. La Scola, M.D.
Urology and Oncology
Specialists, PC

Julia De La Cruz Pena, M.D.
Mostellar Medical Center

Thomas Riddell, M.D.
Cardiology Associates of
Mobile

Lisa Shepler, M.D.
Mobile Diagnostic Center

Brian Sullivan, M.D.
Premier Medical Group

Weisi Yan, M.D.
USA Mitchell Cancer Institute

New USA Medical Students

Gabrielle Agnew

Taylor Bartlett

Justin Beasley

Erin Bouska

Amber Bowie

Thomas Bradford

Evan Chavers

Hunter Childers

Zachary Clark

Patricia Connor

Joseph Cortopassi

Shawn Deas

Davis Diamond

Grady Edge, II

Hannah Ficarino

Dennis Foster, III

John Friend, IV

Benjamin Gibson

Travis Goodloe, III

Hayden Hamby

Bradley Harris

Robert Harvell

Bonnie Holley

DeJarra Johnson

Laura Johnson

Matthew Johnston

Caleb Judge

Tyler Kaelin

Matthew Kassels

Seth Lamb

Cade Loftin

Will Martin

Benjamin McCormick

Tanner McGill

Carly McRae

William Nicolson

Ryan Miller

Andrew Mims

Samanta Mukkamala

Audrey Murphy

Robert Ousley

Rikha Paladugu

Lucas Ramsey

Anisha Reza

Jazmin Scott

Prashant Sdharma

Kristin Sheehan

Sara Stringfellow

Kelsey Templeton

Christopher Tidwell

Jeremy Towns

Kelsea Wright

Aubrey Young

Taylor Young

Patrick Young

Daniel Zieman



Elizabeth Minto, M.D., 2016 President

A Message from your President

Dear colleagues,

What a unique year 2016 has proven to be. Your medical society has kept up its efforts to stay as relevant and useful to its members as it can possibly be. Many of you attended our summer social at Five Rivers Delta, which was once again a beautiful venue for a gathering of our special group. Physicians from Mobile and Baldwin Counties had the opportunity to network and enjoy each other's company. We have also continued to maintain relationships with excellent sponsors in our Circle of Friends, and continue to make unique products and services specifically available to our members. Our annual meeting reached record attendance with 215 in attendance and Gulf Quest was a beautiful venue to celebrate the holidays with our colleagues. We were honored to recognize many 30 year members, and enjoyed the excitement of swearing in new board members. Thank you to all who continue to participate in and accept leadership positions in our medical society.

One highlight of the past quarter was a survey your present and some past board members took to gather information about strategic planning for our society going forward. One theme that emerged from this input was that there is a desire among our membership for more community participation via the Medical Society. This sentiment is being heard, and ideas for a project or event in the future that meets this request will be taken up by a committee under the leadership of incoming president Dr. Henry Koch. If you are interested in offering input or have ideas to share, please contact the office. Our hope is to continue to build on our relationship with the leadership of the City of Mobile, and find new and innovative ways to contribute to the health and well-being of all of its citizens. (continued on page 2)

I have also so immensely enjoyed the opportunities for interaction with medical students that the Society provides. Our medical student members are passionate about both learning medicine and about understanding the forces that shape the realities of practicing medicine. The board was proud to support a group of 8 committed medical students to attend the AMA Annual Meeting in Orlando this past November. They attended sessions debating resolutions, and several presented research posters. I know they represented our society well. If any of you have interest in working with medical students, the USA College of Medicine is always looking for preceptors in the community that are willing to have medical student “shadows” for just a few hours a month. This experience is beneficial to students looking to gain clinical exposure to specialties not included as core 3rd year clerkships, and requires very little in the way of paperwork or headaches for you. If you are willing and interested, please contact myself or the Medical Society office.

It is with great pride and a little sadness that I hand over the office of president of the Medical Society of Mobile County. Thank you for such a highlight in my career. After 7 years of “official” involvement with the board of the Medical Society, I am confident that I will remain an active member in its endeavors going forward, because of the many roles they play in enriching our experiences practicing medicine in Mobile County. In the recent years we have all watched news stories, local and national, that have not portrayed members of our profession in the most flattering manner. These individuals are certainly the exception and not the rule, but it can be detrimental to morale to see these stories publicized. How can we combat the public perception of physicians as dishonest and greedy?

By continuing to take excellent care of our patients; By remaining in contact with one another, both with regard to patient care as well as to maintaining best practices and strong collegiality, regardless of specialty, institution, or group affiliation; By paying attention to our patient's blood pressure and general well-being at every visit, regardless of why the patient is being seen, and educating them about disease prevention as much as treatment; By making these attributes visible, no negative sensationalism of the press will be able to stain the fabric of our most honorable of professions.

Know that your executive director, board members, Alliance members, and physician volunteers stay involved at multiple levels in the county and state to make sure the voices of physicians are heard. There are bills potentially up for discussion in the upcoming state legislative session that could directly impact all of us and our patients. When action is needed from you, please respond to requests to contact your local and state lawmakers. We must all remain diligent and advocate for our patients and our profession, and serve as models for our newer colleagues to get involved as well.

My sincere thanks and well wishes extended for your next president, Dr. Henry Koch. We are all so fortunate to have his involvement, wisdom, and leadership. I also want to thank Dr. Nina Ford-Johnson for agreeing to take over the coordination of our Young Physicians' Section, which adds so much to the experience of newer physicians in our community. And there are no words to express my gratitude to Wendy Bedsole and her staff at the Medical Society office. They are servant leaders that will do anything to help a member; they would love to hear from you at the office!

Thank you,

Elizabeth Minto M.D.

Elizabeth Minto, M.D., President, 2016



WE ARE ORGANIZED MEDICINE

COMING TOGETHER TO PROMOTE THE HEALTH AND WELLNESS OF THE SURROUNDING COMMUNITIES FOR OVER A CENTURY.



AT THE 2016 MASA GOVERNMENTAL AFFAIRS CONFERENCE, MASA ANNUAL SESSION AND AMA INTERIM MEETING, YOUR MEDICAL SOCIETY HAS A SEAT AT THE TABLE.



Directly below: Member Dr. William Terry, son of Dr. Jeff and Elizabeth Terry accepts an AMA Award in honor of Dr. Jeff Terry at the AMA Interim meeting in Orlando in November.



Below: At MASA Annual Session, Melissa McNichol, Executive Director of Camp Rap-A-Hope receives the William Crawford Gorgas Award and incoming Medical Society board member Dr. John McMahon receives the Ira L. Myers Service Award.



WE ARE MAKING A DIFFERENCE

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THE TOUR DE LADR BEGAN IN 2005 AS A 21.4 MILE BIKE FOR PHYSICIANS AND THE COMMUNITY. 100% OF REGISTRATION FEES BENEFIT CAMP RAP-A-HOPE.



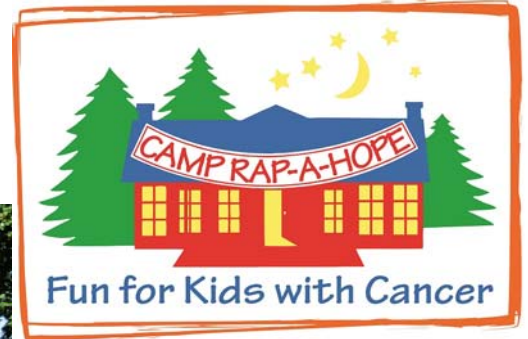
MARK YOUR CALENDAR: SATURDAY, MARCH 4, 2017, 7am, 21.4 Mile BIKE, Point Clear



www.tourdeladr.com
LADR: Lower Alabama Doctors

CAMP RAP-A-HOPE

THE GULF COAST'S CAMP FOR CHILDREN WITH CANCER, WAS CREATED IN 1985 BY THE MEDICAL SOCIETY AND MEDICAL ALLIANCE OF MOBILE COUNTY.



What an awesome year 2016 was for Camp Rap-A-Hope. Our Camp week and weekends for teens and for siblings were, as usual, the highlights of our year. Through the tireless efforts of our volunteers, staff, and the tremendous support of the Medical Society and the Alliance - Campers and their families enjoyed countless hours of much needed fun as they battle through their diagnosis with cancer. Camp Rap-A-Hope was honored at our annual COCA-I (Children's Oncology Camping Association, International) conference with an award for outstanding service by a volunteer, Jennifer Williams, Hem/Onc Nurse Practitioner, and MedShed Director. Congrats to Jennifer who goes above and beyond to make Camp happen for the children who need it the most.

As we move in to 2017, speaking of moving...Camp Rap-A-Hope has been gifted an office building of our own. We hope to be in our new space by the fall of 2017. More info and many thanks will be headed your way as plans are finalized.

Please be on the lookout for ways to participate in and support Camp Rap-A-Hope. You are invited to be part of the fun and we certainly welcome and need your support!

-Melissa McNichol, Executive Director

We are working now to fill our MedShed slots for Camp 2017. ANY Medical Society physician can help us. Contact the Medical Society office to sign up! Thank you again to the physicians who gave of their time at the MedShed for Camp 2016!

www.camprapahope.org

Upcoming Fun:

Saturday, January 28th Charity Chase5k and Fun Run – this event is the creation of Danny Duffey (Dr. Richard and Mrs. Susan Duffey) held on the campus of USA

Friday, February 24th – Sunday, 26th February - Teen Weekend

Sunday, February 26th – Family Fun Day

Saturday, March 4th – Tour de LADR 21.4 Bike at the Grand Hotel

Thursday, March 30th – Wine, Women & Shoes



WE ARE PROFESSIONAL PEERS

NURTURING CORDIAL RELATIONSHIPS AMONG SUCH PROFESSIONALS

WE HAVE 4 MEMBERSHIP MEETINGS A YEAR: THE MARCH AND MAY QUARTERLIES, SUMMER SOCIAL, AND THE HOLIDAY SOCIAL. WE ALSO HAVE 2 YPS EVENTS ANNUALLY. WE WOULD LOVE TO SEE YOU THERE.



THE ALLIANCE TO THE MEDICAL SOCIETY OF MOBILE COUNTY WAS FIRST ORGANIZED IN 1930.

The Alliance to the Medical Society has been busy since our first meeting in August. This year, our community charitable focus is Camp Rap-A-Hope, Penelope House and Victory Health Partners. We are also partnering with The Drug Education Council. They are assisting the Alliance with the "House Calls" lecture series focusing on the dangers of synthetic marijuana and alcohol abuse. We will host these lectures at local schools during 2016-17. To help fund this endeavor, the Alliance received a \$500.00 grant from AMASA at the Fall Conference in Huntsville, AL.

Our Fall Luncheon was held on September 20th at Dumbwaiter on the Hill. We had speakers representing Camp Rap A Hope, the MSOMC, the Mobile Medical Museum, Pure Barre, and our current AMASA President from Tuscaloosa, AL. Many thanks goes out to Renee Edwards and Jennifer Nichols, our Programming VP's, and Dumbwaiter on the Hill for providing us with the perfect venue and delicious Southern cuisine.

Our New Members "Mexican Fiesta" Social was held on October 16th at Matthew and Amy McIntyre's beautiful home on Dog River. It was a fun time socializing with new and current members. Approximately 8 new members attended the event.

We have "kicked off" our *Annual Capital Campaign Fund*. We are hoping for 100% participation of our members with donations of any size to help us support our three local charities. Janea Delmas is chairing this fundraiser.



Sheila Gray and Anne Shell have completed our *Annual Wreath and Garland Sale*. Proceeds from this fundraiser will also support our charities. We are excited to report that our net profit was approximately \$2,746.99.

In December, we had our annual *Holiday Honorary Card Signing*. Beth Hooks, chair and Paige Graf, co-chair coordinated the card signing for this important fundraiser for Camp Rap-A-Hope. The Alliance wishes to thank all who purchased Holiday cards.

The Alliance was able to spread holiday cheer by donating *Walmart gift cards to Penelope House*. We delivered the gift cards to Penelope house on December 14th. Due to our many gracious Alliance members, we were able to donate over \$400.00 to help victims of domestic abuse and their children.

Our last fundraiser for the year is the *Red, White, and Blue Wine Tasting*. It will take place on January 26th at the beautiful home of Darren and Tiffany Waters on 3816 Austill lane. This is always a fun event for such great causes! Look for further details to follow after the New Year.

As you can see, there are a lot of exciting things going on in the Alliance. Please feel free to contact me if you have any questions, suggestions or if you know of anyone that may be interested in joining the Alliance.

Respectfully submitted, Brandy Revels,

President 2016-2017, Alliance to the MSOMC



WE HAVE A HISTORY AND A FUTURE

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CREATED IN 1841, OUR SOCIETY WAS THE FIRST ENTITY OF ORGANIZED MEDICINE IN THE STATE OF ALABAMA.



Featured:

1. Our 30 year members in attendance for 2016: Drs. Howard Rubenstein, Charles Salisbury, Ade Bodet, Patrick Nolan, Gordon Hungerford, Philip Butera, Gino DiVittorio, and Stephen Munderloh.
2. The Bodet's and The Nolan's at the Holiday Social
3. Dr. Minto congratulates Dr. Tim Revels on 6 years of service on the Board.
4. Dr. and Mrs. Howard Rubenstein
5. Dr. William Park congratulates Dr. Minto.
6. Incoming Board member Dr. Matt Cepeda with Dr. Deborah LaScola and Robert LaScola at the YPS Social.
7. New Members Dr. Penny Dupre and Dr. Michael Do at the Young Physicians' Social at Dumbwaiter in November.



MOBILE MEDICAL MUSEUM

If you have not been to visit the Mobile Medical Museum recently, now is a perfect time to get reacquainted. Our collections have remarkable stories to tell that you will not receive from other cultural or

educational institutions in our region. Stories about medicine, yes, but also stories about how medicine has shaped and been shaped by larger currents in our society. Consider the story of Dr. Laura Evelyn Compton Bartee, who became one of the first women to practice medicine within the State of Alabama, after successfully passing the examination of the Mobile County Medical Society Board of Examiners in 1904. She relocated to Birmingham shortly thereafter and established a successful practice with another lady physician. However, she was murdered in 1906 by her estranged second husband, Dr. Allen W. Burton, when she resisted his attempts at reconciliation. Are you curious yet?

To better communicate our unique identity and purpose, the Board of Trustees approved a new logo as well as a new mission statement:

The Mobile Medical Museum preserves and exhibits medical artifacts and archives to commemorate Mobile's prominent place in the history of medical education and public health in the state of Alabama and the Gulf Coast. The Museum's collections and exhibitions provide the public with a broad understanding of the evolution of the art and science of health care.

In the coming year, we will be launching new programming initiatives that boldly embody this mission. In December, 2016, we will partner with Mobile County Public Schools on a medical history writing contest for 7th grade English and Science students. Entries will be judged by a panel of educators and prizes awarded at a public ceremony in Spring 2017.

Then in March 2017, we will open the exhibition *Josiah Clark Nott Pathological Specimens*, in collaboration with the Alabama Museum of Health Sciences, University of Alabama/Birmingham. The exhibition features 19 wax anatomical models purchased by Dr. Nott in 1859 for the Medical College of Alabama in Mobile. The *Josiah Clark Nott Pathological Specimens* will be on view in the newly named Mary Elizabeth and Charles Bernard Rodning Gallery at the Mobile Medical Museum.

While we remain committed to serving as an essential educational resource for local medical, nursing, and allied health students, our aim is to develop programs and present exhibitions in ways that will captivate, challenge, and inspire audiences of all ages and backgrounds. We are working with community partners such as the Gulf Coast Exploreum, the

Dr. Laura Evelyn
Compton
Bartee at her
wedding to first
husband, Captain
Chesley Thomas Bartee,
1893.



University of South Alabama, and the Alabama School of Math and Science, to help make the museum more responsive to the diverse needs and interests of the community.

As we enter this exciting phase in our history, it is reassuring to have strong and dynamic leadership on our Board of Trustees and Board of Advisors. This year, we welcomed Dr. Samuel J. Strada, Dr. Raymond Broughton, and Ms. Makeda Nichols as Trustees, and Ms. Beth Walmsley and Ms. Tiffany Felix as Advisors. We also wish to acknowledge the service of Dr. Richard Wood, Dr. Shaffer Wells, Dr. Charles Newell, and Dr. William Wojciechowski, whose terms are concluding this year.

Finally, we are sincerely grateful for the support that we have received from the Medical Society of Mobile County and its members. Your dedication to preserving and learning from our rich medical heritage is what makes new discoveries and deeper understandings possible.

Daryn P. Glassbrook, Ph.D.
Executive Director
(pictured)



WE THANK THE FRIENDS OF THE MEDICAL SOCIETY Page10

PLATINUM

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WE ARE YOUR SOCIETY; ASSISTING AT EVERY TURN.



Camp Rap-A-Hope Executive Director Melissa McNichol, Medical Society Assistant
Lori Parker, and Medical Society Executive Director Wendy Bedsole (l-r)

Above: The Medical Society building at 2701 Airport Blvd. in Mobile

PASSMORE PLANNING PROFESSIONALS PRESENT:

PREPARING PHYSICIANS FOR RETIREMENT

Do I have "enough" saved for retirement? That question is a little easier to answer if you can define what "enough" means to you. Much emphasis is put into asset accumulation; however, most people put very little thought into how they will strategically manage the utilization and distribution of their accumulated nest egg to provide for their household needs.

In a typical qualified retirement plan, an individual can currently defer up to \$18,000 annually (or \$24,000 annually if over age 50). Depending on how the plan is set up, a total of \$53,000 annually can currently be contributed to one's qualified retirement plan. So, you could say that in one respect, the accumulation phase of retirement for a high-income earner is the easy part. Regularly save, pick sound investments based on your time horizon and risk tolerance, then monitor and adjust your selections periodically. If you are disciplined, consistent and persistent, you should have a nice balance accumulated by the time you get to retirement. Now what?

If you are within ten years of retirement, you should start by looking at your household living expenses to determine what "enough" means:

What expenses will continue in retirement? What expenses will decrease? What expenses will increase?

Are there any significant debts that will continue in retirement?

Do you need to maintain life insurance in retirement? How will you fund it?

Should you consider long-term care insurance? How will you fund it?

What are your likely medical expenses in retirement?

Will you continue making charitable donations at the same level once you no longer have an earned income?

Planning the utilization and distribution of your assets is where the real fun begins. Of course, the first step is deciding when to start receiving Social Security retirement benefits. Begin by picking the age that maximizes you and your spouse's benefits based upon your retirement goal while being cognizant of your choice's effect on survivor retiree benefits. The later the age, the higher the income the government provides to you. Check; done.

Do you have any sources of retiree income available to combine with Social Security?

Do you have rental income properties?

Do you have a pension available? *Probably not.*

Do you have an annuity?

Do you plan to continue part-time work in your early retirement years?

We believe strongly that retirement is more relaxing for those that have a base source of guaranteed income to combine with Social Security. Most physicians are used to earning a fairly consistent income on a regular basis; this regular income is likely increased with variable productivity bonuses or other periodic practice related earnings. Transitioning to living almost solely on variable investment income is stressful to many and can lead to what we call (pick your particular flavor of business news poison)-itis. This is no way to live in retirement. With this understanding of your expenses and your base income, how are you going to make the remainder of your financial puzzle work?

Are your income producing investments strategically held to minimize ongoing taxes?

Which assets will you utilize first?

What are the tax consequences of using a chosen asset?

Do you have multiple portfolio managers who each manage a portion of your assets? Who is looking at your portfolio holistically?

Who will be responsible for efficiently making all of this work? You?

By "making it work", how will you set up your distribution phase to assure yourself that you will not run out of money before you run out of life? Are you considering how your asset distribution will be impacted by investment risk, inflation risk, catastrophic illness, long-term care, etc.?

To determine what "enough" is and how to provide for it in retirement, you should have a plan. A plan written and tailored just for you that addresses your ongoing needs, concerns, capabilities and weaknesses. A plan that prepares you for the paradigm shift that is retirement. Otherwise, the answer to "do I have enough saved for retirement?" is likely going to be wrong as often as it is going to be right.

Medical Society of Mobile County
2701 Airport Boulevard
Mobile, AL 36606

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Swearing in the 2017 Board members:

(l-r) President Dr. Henry Koch, Board member Dr. Ijaz Iqbal, President-Elect Dr. Aimee Walsh, Vice President Dr. Ted Flotte, Board members Dr. Barbara Mitchell, Dr. John McMahon, and Secretary-Treasurer Dr. George Koulianos



WISHING YOU AND YOURS THE VERY BEST OF THIS HOLIDAY SEASON!
THANK YOU FOR YOUR MEMBERSHIP.